



# On the Trail of 5M4

Kent Beissel District Governor



Vol. I No. 4

November, 2005

I have come to the conclusion that, at this point in a person's life, time flies by. If you add the element of being District Governor the time is still flying, but it is now at supersonic speed. It seems as though our year as DG has just gotten started, yet here we are well beyond one-fourth of the way through. Judy and I are getting well into the list of arranged club visitations. It is really a joy to go to clubs and visit, share ideas and stories and above all talk about the help that Lions bring to so many underprivileged people each day. We are truly changing people's lives for the better. If your club has not scheduled a governor's visit yet please do so soon. We want to visit each club sometime, someday during this Lions year. The available time slots are filling quickly!!

In the past two weekends, we have attended the MD5M Council of Governors meeting in Mahanomen and our own 5M4 Cabinet meeting in Glenwood. Lots of important information that affects the clubs will be coming your way via the Zone Chairs. A couple of items that I want to personally give you a "heads-up" on are the **Hall of Fame Award** and the **Midwinter Convention**.

The Hall of Fame is open to two individuals, one a living member and the second is awarded to a deceased Lion. The official form and criteria are available from Zone Chairs, the MD5M website or myself. These must be completed and sent to the District Governor no later than 30 days prior to the convention (December 27). The nominations and voting will take place at the Midwinter convention during the business meeting. Take a long hard look at some of the Lions in your club. I'm sure that you have members that are very deserving of this prestigious award.

The plans for the **Midwinter Convention** are in full swing. We (the convention committee) are in the process of fine-tuning many of the activities. There will be a great slate of seminars. On the list are Eye Bank Executive Director Jackie Malling, Hearing and Service Dogs of MN Executive Director Al Peters, and Leader Dogs will be represented by Bunny Talbott of Little Falls. Our District's Leo Chairperson, Merrie Bertrand and some of the Montevideo Leos will present Leo Club formation information. Leadership Seminar participants will share some of their experiences.

Diabetes Chair, PDG Woody Docken will be "showing off" the District's new testing equipment. In addition to the seminars we will be treated to some excellent mealtime speakers covering topics such as: Pancreas transplants (diabetes), Camp Needlepoint (juvenile diabetes), Art of Recognition (awards). Don't hesitate to get those convention registrations in now and make your room reservations with the Alexandria Holiday Inn. As they say, **"Avoid the rush"**.

As most of you know if you have been following and reading my bit in the newsletters or have "experienced" the governor's visit you know that my major theme this Lions year is **pro-active wellness**. In other words, what can Lions do to help themselves and others to stay healthy and avoid preventable illnesses? If you read or listen to any current health literature you constantly hear the words **Diet and Exercise**. I have been asking, during my club visit, to have clubs put together some community activity that will get people started toward a healthier life style. Lions can be the catalyst in their community for better health. Club members need to start thinking about and planning some pro-active wellness activity. I will give more details during my visit or in future newsletters. Seminars will be available on the topic during the Midwinter also.

If you ever have doubts that Lions are helping people to make their lives better each day all you need to do is attend a Thanksgiving for Vision session or join in a tour of the University of Minnesota Lions Eye Clinic. We had the opportunity to hear about the fantastic progress that is being made by the doctors and researchers in eye health at the Thanksgiving for Vision program Saturday, October 29. Some examples are: Researchers are fabricating, through nanotechnology, an implantable drain for the eye to relieve the pressure build-up from glaucoma. They are using non-controversial sources of stem cells to repair the retina of the eye. Macular degeneration, the number one cause of blindness for persons over 60, now can be treated with drugs to actually "improve" the conditions as opposed to just slowing down the progression of the disease. Doctors have developed a method of treating optic nerve damage by delivering drugs directly to the brain through the nasal cavity, **Your clubs' contributions to the University of Minnesota Lions Eye Clinic and the purchase of equipment are making these fantastic developments possible. Lions are doing things each day to help people make their lives better.** Pat yourself on the back and keep up all of the great work.

## NEWS FROM THE SOUTHWEST

VDG JIM DEMAREE

I can't believe how fast these deadlines to get my column written come around. It seems that I just finished last month and here we go again. Of course I was LATE last month so that would make a difference.

Back in September, all of the Vice District Governors from MD5M attended the USA/Canada Lions Leadership Forum in Peoria IL. Eleven of the twelve spouses were also in attendance. We heard some excellent professional speakers and attended some super seminars. I think the highlight of the pros was Karen Buxton whose message was to put some humor into your life. I think DG Kent quoted her last month as saying "Your day isn't complete unless you laugh so hard the tears run down your legs." Our Int'l. President, Ashok Mehta, was one of our luncheon speakers. Our own PCC Keith Johnson was pressed into duty to conduct the Forum Choir and it was fantastic! He just shrugs it off and says that all the people were good singers. I still think he did a wonderful job. We again brought home the plaque for having the most members from our multiple in attendance.

For me, the highlight of the Forum was to sit in a meeting with Int'l. 1<sup>st</sup> Vice President Jimmy Ross of Texas to hear what his plans are for the year I hope to be Governor. I'm exited about his philosophy. He wants to get back to basics while taking some of the emphasis off increased membership and more on service. He feels that doing good service in your community is more important than how big your club is and I agree. If you are doing a good job in your town, people will want to join and be a part of your program.

Mid-October brought a two day session of Vice Governor training up at Mahnomen. Very intense, very long days. One of the faculty was CC Brian Sheehan who gave us each a "sponge pin" to soak up the information that we were being presented with. As usual, MD5M did a terrific job in putting together a faculty to present this program. We as Vice Governors owe them all a huge thank you for the time they spent in preparation and with us in Mahnomen.

Saturday, after the training ended Friday night, we were asked to sit in on the Governors Council. I looked at the 3 ½ page agenda and thought there was no way that they could get through that in one day. But they did! It was a good experience for us VDG's to see how the meeting is run and how they go about doing the business brought before them.

Of course, it wasn't all work. We had a little free time in the evenings to socialize and I understand that a few of our group even spent some time in the casino helping to bolster up the local economy.

Now we are looking forward to our District Cabinet meeting followed by another round of Zone Meetings. I plan to attend as many of the meetings as possible to get better acquainted with the Lions across our great District 5M4! We'll see you there!

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## Club Activities

**LIONS-helping people make their lives better every day.**

Willmar Noon Lions--had a waffle feed with the profits going to Meals on Wheels.

Willmar Evening Lions--operated a "Brat" stand at Cash Wise and volunteered at the Public Library

Danube Lions--paid \$507.50 toward swimming lessons

Starbuck Lions--new Police Chief 'visited' a club meeting. (I hope it was just a social call!)

Cosmos Lions--contributed \$400 toward scholarships

Morris Lions--cleaned 2 miles of road ditches in 1 hour. (They must have been jogging, but it's a great **wellness activity!**)

Pennock Lions--sponsored breakfast with all proceeds going to Blue Star Mothers to defray costs of sending packages to overseas service personnel.

Montevideo Lions--donated \$1,000 to the Eye Bank. Helped the Leo Club place bags for Food Shelf collection.

Clara City--cleaned 2 miles of roadside ditches.

## Thorfinnson for Int'l 2<sup>nd</sup> VP Campaign

### Fireworks in Boston!

If you like fireworks, then you'll head to Boston for the 89<sup>th</sup> Lions International Convention from June 30<sup>th</sup> through July 4<sup>th</sup>. Boston promises to be an exciting place to meet other Lions from around the world and to partake of the hospitality of this great historical city. Note the dates for this convention are different than in the past. The convention will start on a Friday and run through the weekend until Tuesday. Hopefully, this will help more Lions that are working to be able to take off the days they need to attend.

The Thorfinnson for 2<sup>nd</sup> VP campaign committee would like to see 500 voting delegates from MD5M at the convention in Boston. When you consider there are over 23,900 lions in our multiple, this should not be a problem for us. If we could encourage "just one" lion from each of the 683 clubs to attend, the international family would recognize our support for PID Ross Thorfinnson as he continues on his quest towards 2<sup>nd</sup> Vice Presidency.

To learn more about the convention you can go to [www.lionsclubs.org](http://www.lionsclubs.org) and click on convention. There you will find information for the hotels, travel services, itineraries, etc. Information on the specific hotels, such as which hotel will be the delegate hotel, will be available after October 31<sup>st</sup>. There is also a link to the city of Boston where you can learn about what the city has available, restaurant cuisine, etc. The link is [www.bostonusa.com](http://www.bostonusa.com).



*Boston*

Please consider this opportunity to attend an international convention which is close to our multiple both next summer and in 2007 in Chicago.

## Exciting News from the Hearing Foundation

*Lion Ralph Hieb*

We have some exciting news to share from the department of Otolaryngology and the Lions 5M International Hearing Center located at the University of Minnesota.

The Lions Children's Hearing Center (LCHC) is now open. Space has been made for an Administrative Office, an exam room, and a family resource room on the eighth floor clinic for the LCHC. The first clinic will be held on the third Thursday in November and already five patients are scheduled. Appointments can be made by calling this toll-free number, 866-523-2134.

Mark Schleiss, a highly qualified infectious disease specialist who is part of LCHC, recently spoke to more than 400 perinatal doctors and nurses promoting the center. The response was overwhelming and many visited with him after his presentation concerning cases they wanted to refer to him.

This center is very unique and it will vastly improve the lives of children in Minnesota and surrounding states. Although the fundraising has exceeded expectations, it will be necessary for our fundraising efforts to continue.

Supporting the newborn hearing screening program has been a vital service to the children and parents of Minnesota, but continued support needs to come from the State of Minnesota. (Newborn screening is mandated in 32 other states) The Department is already lobbying for newborn screening to be legislated in our state.

About 200 babies are born in Minnesota every year with some degree of hearing loss, but not all of them get follow-up treatment.

We would like to thank everyone for their past and continued support for this project. Because as you know, our prior project, Lions Newborn Hearing Screening Program, has been an unqualified success with 100% of all hospitals participating in screening at birth. This program has lowered the average age of hearing loss detection from 2 ½ years to just 1.92 months, which is fantastic, because earlier detection and treatment results in a better life for the child and parents.

## On the 5M4 Trail With DG Kent

- Nov. 3 Kerkhoven/Pennock Clubs visitation
- Nov. 9 Wheaton Club visitation
- Nov. 10 Danube, Renville, Maynard, Sacred Heart Clubs visit
- Nov. 14 Litchfield Club visitation
- Nov. 15 Spicer Sunrise Club visitation
- Nov. 17 Raymond/Clara City Clubs visitation
- Nov. 17 Zone 1 meeting
- Nov. 21 Starbuck Club visitation
- Nov. 24 Happy Thanksgiving
- Nov. 29 Franklin/Morton Clubs visitation
- Nov. 30 Zone 3 meeting-Morris
- Dec. 1 Hoffman/Kensington Clubs visitation
- Dec. 5 Montevideo Club visitation
- Dec. 8 Bird Island Club visitation
- Dec. 12 Morris Club visitation
- Dec. 13 Elbow Lake/Wendell Clubs visitation
- Dec. 15 Hector Club visitation
- Dec. 25 ❄️ Merry Christmas ❄️
- Jan. 9 Benson Club visitation
- Jan. 10 Willmar Evening Club visitation
- Jan. 17 Dawson Club visitation
- Jan. 19 Kingston Club visitation
- Jan. 27-29 Mid-Winter Convention  
Alexandria Holiday Inn



## MN Lions Eye Bank Gives Their Thanks to the Lions

*By Pamela Nelson*

Thanksgiving for Vision is a wonderful observance because it brings together so many special people: Minnesota Lions, Lioness and Leo members, Minnesota Lions Eye Bank staff, Department of Ophthalmology surgeons and researchers, corneal transplant recipients, and eye and cornea donor families. Each is connected to the exciting sight-saving work occurring in Minnesota. Lions and guests who attended this program were treated to dinner and heard amazing stories of the courage of a teenage donor and the gratitude from the family of a three year old. Janice and Mark Hedlund displayed a picture of their 18 year old son, Jonathan, who had unselfishly decided to become a donor when he received his license.

There were many tears as Janice read the letters that they wrote to and received from the recipient of Jonathan's eyes. "I also feel a sense of peace now because I believe that Jonathan is a part of me now that I can see through his eyes".

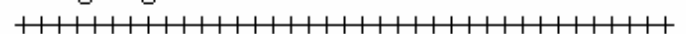
Three year old Jackson was a little distracted as his parents Jeff and Robin Boldt told their story of how Dr. Stephen Christiansen helped them. Jackson was born with a cataract in one eye. Jackson now wears a contact and glasses after the removal of the cataract and is waiting for a new lens to be inserted in his eye.

Dr. Jay Krachmer introduced several surgeons and researchers to the Lions during the symposium as they described the different eye diseases that they work with and the exciting research that is being done to help eradicate the problems.

Dr. J. David Brown spoke on glaucoma which is the leading cause of irreversible blindness. Glaucoma is the eye disease where the blood can not drain from the eye efficiently. Since 1969 the surgery for glaucoma patients has been the same. New research is being done to build a drain that can be surgically inserted into the eye. The researchers are working with membranes that are a nanometer (1 billionth of a meter) in size. The completed drain would be the size of a grain of rice.

Dr. Linda McLoon spoke of the research being done with eye muscles and growth factors. Strabismus is the disease of weak muscles in one eye. The eyes do not work together to form a single picture for the brain. In young children, the brain will "turn off" the weak eye so as not to be confused with the picture it is receiving, thereby causing loss of vision in the weak eye because it doesn't need to work. A pill that contains growth factors can be inserted, through a tiny slit, to lie underneath the weak muscle where the muscle can absorb the nutrients over a long period of time.

The support from the Lions, Lioness and Leos of Minnesota is very much appreciated by the doctors and researchers at the MN Lions Eye Bank. They are so excited to be able to continue their work in the fight against blindness.



Don't forget to register for the Mid-Winter Convention~January 27-29 at the Holiday Inn in Alexandria. Registration form is on page 6.

## Hurricane Relief Efforts

Many Lions nationwide are collecting goods or are willing to travel to the Gulf Coast to assist Lions serving Katrina victims. The challenge for Lions who want to help often is connecting with a club in the Gulf Coast that needs a certain kind of service or item. To further the relief effort, LCIF is facilitating twinning between clubs.

Lions who want to help can review [a list on our Web site](http://www.lions-katrina.org/twinning-link.php) of Lions clubs in the Gulf Coast. Lions need to contact these clubs directly to establish a twinning relationship. Please contact the clubs via phone and, if possible, supplement that with a fax asking for details of the club's needs.

<http://www.lions-katrina.org/twinning-link.php>

Clubs in the Gulf Coast typically need assistance with fund-raising, goods for evacuees or assistance in rebuilding their community or their own meeting facility. We anticipate the list of clubs needing assistance on our web site will grow as more clubs contact us.

LCIF's twinning project is in addition to our [Help Link](#), which lists Lions who contact LCIF with specific offers of assistance.

For questions on either the Help Link or the twinning project or to be listed on either, please [e-mail LCIF](mailto:jay.copp@lionsclubs.org).

Working together, Lions are responding to this terrible disaster with untold hours of service and an indefatigable can-do spirit. Our service has been needed more than ever, and Lions have been up to the challenge.

Yours in service,  
Clement F. Kusiak  
2005-2006 LCIF Chairperson

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### Fish Fry

**Saturday, Nov. 12**

11:00 AM--2:00 PM

Renville Community Center

Free Will Donation

(Suggested \$6)

Sponsored by Renville Lions Club

Proceeds to Benefit

Renville Community Pool and other

Lions projects



## Leader Dogs for the Blind

### Greetings District Lions:

As most of you are aware Leader Dogs for the Blind is one of our Districts sponsored organizations to help support financially. Without a doubt, one of the most dramatic and best known service activities of Lions is the Leader Dogs for the Blind program. Founded in 1939 by three Lions who were unable to obtain a guide dog from any other source.

As Lions we can be proud of what we have provided to Leader Dogs for the Blind in the past 65 years. The financial support Lions contribute, accounts for 1/3 of the Leader Dogs for the Blind budget. The cost of providing a guide dog, free of charge to a blind individual is \$36,000. Leader Dogs for the Blind is providing 300 dogs per year to visually impaired individuals. To continue to provide this worthwhile service, Leader Dogs for the Blind needs your support. Please consider a donation to Leader Dogs for the Blind.

The District Co-Chairs Dan Weiss and Clayton Hedman are available to speak to clubs about the program. For more information or to schedule a speaking engagement for your Club about Leader Dogs for the Blind, contact Clayton at 320-563-8348 or email at [spokes@frontiernet.net](mailto:spokes@frontiernet.net); or Dan at 320-231-3911 or email at [weiss@borderstates.net](mailto:weiss@borderstates.net).

Thanks in advance for your support and thank you to your club for past contributions.

In Lionism,  
District Co-Chairs  
Clayton Hedman and Dan Weiss

### For Sale

**2 LP 18" Gas Grills, on stands**

used for frying pancakes  
sold 'as is'

Contact Danube Lions  
Lion Jerry Jahnke  
320/826-2117  
make an offer

# 28th DISTRICT 5M-4 MIDWINTER CONVENTION

January 27, 28, 29, 2006 Alexandria Holiday Inn, Alexandria, MN

PLEASE MAKE YOUR OWN HOTEL RESERVATIONS!

Call Alexandria Holiday Inn 320 763-6577 Ask for Lions Convention Rate(\$74.95+tax)

**IMPORTANT! Rooms must be reserved before Jan 1, 2006 or they will be released to the public!!**

Reserve Hospitality Rooms through the Holiday Inn (320) 763-6577 *Don't forget to have a theme!!*

## INDIVIDUAL REGISTRATION FORM

Name \_\_\_\_\_ Club \_\_\_\_\_ **Saturday Banquet Choice**  
 Name \_\_\_\_\_ Club \_\_\_\_\_ Pork Medallion( ) Baked Chicken ( )  
 Address \_\_\_\_\_ Pork Medallion( ) Baked Chicken( )  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Email \_\_\_\_\_  
 Number of children \_\_\_\_\_ Ages \_\_\_\_\_

Would you like to help bag food between 2:00 - 5:00 Friday for "Kids Against Hunger"?  yes  no  
 All District Chorus Participants  yes  no (Saturday rehearsal)

### EARLY BIRD CONVENTION PACKAGE (INCLUDES ALL MEALS) BEFORE DECEMBER 15, 2005

\_\_\_\_\_ @ \$65.00 Regular Attendees \_\_\_\_\_ @ \$55.00 First time attendees

\_\_\_\_\_ @ \$20.00 children 12 & under

### CONVENTION PACKAGE (INCLUDES ALL MEALS) AFTER DECEMBER 15, 2005

\_\_\_\_\_ @ \$75.00 Regular Attendees \_\_\_\_\_ @ \$65.00 First time attendees

\_\_\_\_\_ @ \$25.00 children 12 & under

### Registration and payment of ALL Packages MUST be received by January 10, 2006

# of tickets	INDIVIDUAL MEAL TICKETS (if you don't select package)	Price	EXTENDED AMOUNT
_____	Friday: International Director's Reception (Everyone Welcome)	No Charge	_____
_____	Saturday Awards Breakfast .....	\$15.00	_____
_____	Saturday Lunch.....	\$20.00	_____
_____	Governor's Banquet Saturday Evening.....	\$30.00	_____
_____	Sunday Brunch .....	\$20.00	_____
Total Amount Enclosed .....		\$	_____

List any special dietary needs: \_\_\_\_\_

MAKE CHECKS PAYABLE TO: DISTRICT 5M-4 LIONS CONVENTION

SEND TO:

CONVENTION COMMITTEE, % BRIAN SHEEHAN  
 78454 310th ST.  
 OLIVIA, MN. 56277

PHONE: B-(320) 365-4027 x 111

C-(320) 212-7330

Email- bsheehan@rcdbi.com

Additional information on our website at [www.5m4lions.org](http://www.5m4lions.org)

